

# AIRLIFT Dispatch

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437<sup>th</sup> Airlift Wing, Charleston AFB, SC

Friday, September 5, 2003



Photo by Maj. Dave Honchul

## Mountain climbing

A Charleston C-17 moves up the taxiway as another C-17 begins its climb over the mountains surrounding Bagram AB, Afghanistan, Aug. 22. Airlift serves a vital role in this landlocked country, bringing critical supplies and equipment to coalition forces deployed in support of Operation Enduring Freedom.

## RESPECT

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**Team Charleston: One family, one mission, one fight!**



## COMMENTARY

# Commander's Comments

By Col. Brooks Bash  
437AW commander

### Farewell and Welcome

The 437<sup>th</sup> Airlift Wing congratulates **Brig. Gen. Gerald Black**, 315<sup>th</sup> Airlift Wing commander, on his long and distinguished 36-year career. The relationship between the 437<sup>th</sup> and the 315<sup>th</sup> could not be any stronger ... due in large measure to Gen. Black's leadership. At the same time, we are excited to welcome **Col. Gary Cook** and his wife, Donnita. Colonel Cook is coming to us from the 934<sup>th</sup> Airlift Wing, Minneapolis.

### Congratulations

If you see **Capt. Gregory Goar**, 15<sup>th</sup> Airlift Squadron; **Capt. Todd Hohn**, 14<sup>th</sup> Airlift Squadron; **Capt. Ethan Griffin**, 437<sup>th</sup> Operations Support Squadron; and **Capt. Thomas O'Connell**, 16<sup>th</sup> Airlift Squadron, congratulate them. They have been selected as Intermediate Developmental Education candidates.

Kudos also goes out to **Capt. Dan Dobbels**, 17<sup>th</sup> Airlift Squadron, for his selection to attend Space Command's Vigilant Look. He will get a unique exposure to space operations and how the program supports the warfighter.

This week, I had the fortune to highlight our September Diamond Sharp winners. **Senior Airman Christi Skiles**, 437<sup>th</sup> Comptroller Squadron; **Airman 1<sup>st</sup> Class Matthew Husted**, 14<sup>th</sup> Airlift Squadron; **Airman 1<sup>st</sup> Class Sarah Wiser**, 437<sup>th</sup> Aircraft Maintenance Squadron; and **Airman Heather Hildrich**, 437<sup>th</sup> Civil Engineering Squadron, were singled out and are a shining example for all airmen across the base.

### Shadow for a Day

I had the extreme pleasure to have **Airman 1<sup>st</sup> Class Joseph Ampong**, a medical technician with the 437<sup>th</sup> Medical Group, as my shadow for a day. Airman Ampong had the opportunity to learn the inner workings of the wing to add to his medical technician background. Airman Ampong hails from Ghana, West Africa.

### Air Force Ball

The Air Force Ball is coming up Saturday. There are plenty of tickets and it is not too late to come join us. Our guest speaker is Lt. Gen. Duncan McNabb, deputy chief of staff for Plans and Programs. See your squadron representative and do not miss out on this great event.

### Memorial Run

Our next Fun Run is Tuesday. I encourage everyone to join me and



Photo by Airman 1<sup>st</sup> Class Jason Bailey

**Col. Brooks Bash**, 437<sup>th</sup> Airlift Wing commander, putts at the Air Force Ball Golf Tournament Aug. 28, while **Phil Jones**, left, honorary commander, middle, and **Maj. Rob Cook**, middle, 437<sup>th</sup> Operations Group director of staff, looks on. The tournament raised funds for the ball.

challenge you to beat the 380-person record from the Back-to-School run. I look forward to seeing numerous squadron guidons out there and the battle to take the Spirit Trophy away from the Medical Group.

### Safety

Monday was the last day of the 101 Critical Days of Summer, but we can't let our guard down. The Air Force has lost 31 members in avoidable accidents, compared to 27 during the same period last year. Of those 31 fatalities, 14 involved motorcycles and 12 were automobile accidents. Do not let yourself, your co-workers, or your friends become a part of this trend. Be safe, think ahead, have a plan, and be responsible.

## Action Line discusses NCO bachelor's quarters

Q: I was wondering why Charleston AFB doesn't offer bachelor quarters for NCOs in the Air Force. It seems like it would save a lot of money to utilize all those empty houses on base versus destroying them. We had this program at Patrick AFB, and the Navy offers this program for their personnel.

A: You are correct, a few installations do offer bachelor quarters for NCOs. However, those are rare exceptions and require Headquarters Air Force approval. (Patrick, for example, has very limited and expensive housing off base.) Air Force policy requires us to provide

housing to unaccompanied airmen basic through senior airmen. The policy directs staff sergeants and above to receive Basic Allowance for Housing and reside off base. The only time unaccompanied NCOs may reside in dormitories is if there is excess space, in which case they must forfeit their BAH. The occupancy rate of our dormitories is historically at or above 97 percent. Military family housing is authorized and funded independently from dormitory housing and we do not have authority to change designation of units from family housing to unaccompanied occupants. The occupancy rate of family housing is also about 97

percent. Lastly, many of the vacant units you refer to here at Charleston are uninhabitable due to major maintenance requirements and are scheduled for renovation or demolition. Dormitory and family housing occupancy rates combined with historically low demand for unaccompanied NCO quarters at Charleston AFB makes such a program impractical.

— **Col. Brooks Bash**  
437 AW commander

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963-5581

## Three degrees of serving

# AMXS commander asks 'how do you serve?'

By Lt. Col. Darrell Mosley  
437 AMXS commander

I really mulled over in my mind what to discuss in my first commentary for the base paper. Then I thought about an issue that is always worthy of discussion, especially in the environment we live today. How many times have you heard someone say "I'm serving my country?" What does it really mean to "serve?" I picked up the dictionary and looked up the definition. There were more than 30 different meanings of the word "serve."

However, there was one that especially caught my eye. I read, "Something made or done for the public benefit and without regard to direct profit." Everybody has definitely seen somebody serving above and beyond over the past few years, especially during Operations Enduring and Iraqi Freedom. But over the years, I've seen people serve in different "degrees."

Let me give you a couple of examples. When I worked in the Pentagon, I knew an NCO who was very punctual in everything he did. He came to work at 7:30 a.m., went to lunch from 11 a.m. to noon and always made sure he was walking out the door at 4:40 p.m. – serving in the first degree.

I knew another NCO who came to work at 7:30 a.m., made sure you knew if he left late for lunch and asked for comp time if he had to stay late – serving in the second degree.

Then, one day, my office needed to get a "hot" report compiled, edited and finalized. Another

### worth repeating

"You serve because it is the right thing to do ... This is the true meaning of serving."



–Lt. Col. Darrell Mosley  
437<sup>th</sup> Aircraft Maintenance Squadron commander

NCO worked through his lunch, stayed late after work, and called me later that evening to say the report was ready for my review. He also occasionally stayed late to ensure his work was finished and never once asked for "comp" time – serving in the third degree.

My final example occurred when one of my previous squadrons was having a car wash. One NCO showed up when the car wash started, wiped a couple of windows, had some refreshments, talked with co-workers for a few minutes, asked about the sign-in roster and then disappeared – serving in the first degree.

Another NCO showed up at 8 a.m. and commented that he could only stay a couple of hours, reminded the supervisor on the scene every 15 minutes and then left at 9:30 a.m. – serving in the second degree.

I asked another NCO if she would run the car wash. She solicited volunteers, sent out flyers,

gave periodic updates, bought cleaning materials, set up the hoses, washed cars for four hours and came back at the end of the day to clean the site – serving in the third degree.

Never once did I or another supervisor have to beg her to do something, and she never asked for anything in return.

Those examples brought to mind something I learned a long time ago ... "Leaders, push your people to achieve their goals." We, as leaders, have the responsibility to ensure our people have every opportunity to succeed. If that calls for a nudge every now and then, by all means give them the nudge.

As our Air Force continues to deploy all over the world, we, as leaders, will have to rely more and more on our younger airmen to pick up the slack. Remember, the airmen coming in today are smarter, more motivated and more mature than in the past. Let's give them a chance to excel.

Serving in the first or second degree is never satisfying. You never commit to something larger than yourself. If you serve in the first or second degree, you always ask, "What's in it for me?"

Serving in the third degree is more rewarding. You serve because it is the right thing to do. "Something made or done for the public benefit and without regard to direct profit." This is the true meaning of serving. Do you want to be successful? Serve your country in the third degree, especially with so many of our fellow airmen in harm's way on a daily basis.

# Retreat, reveille questions answered for CAFB

**Q: Do you have to pay respect to the flag during retreat every day, or just on Friday during the official ceremony?**

**A:** Every day. Any time you are outside and the flag is raised or lowered, or the National Anthem or To the Colors is played, you must pay respect.

**Q: What are the respects you must pay during retreat, when it is accompanied by the National An-**

**them and To the Colors?**

**A:** When in uniform, come to attention, face the flag (or music if the flag isn't visible) and salute. In civilian clothing, come to attention and face the flag, and place your right hand, or hat if wearing one, over your heart. In a vehicle, stop and remain seated at attention.

**Q: Do you have to pay respect to the flag during reveille?**

**A:** Yes, but only if reveille is accompanied by the National Anthem or To the

*Colors. Normally at Charleston, we hear the reveille bugle call every morning. There is no requirement to do anything for this. However, there is nothing that says you can't salute the flag whenever you are outdoors and feel led to do so.*

**Q: What are the respects you must pay during reveille accompanied by the National Anthem and To the Colors?**

**A:** The same as during retreat. Guid-

*ance is centered around the raising and lowering of the flag, or the playing of the National Anthem or To the Colors. You would do the same thing regardless of it being during reveille or retreat.*

Answers to any other questions about reveille or retreat can be found in Air Force Manual 36-2203 Drills and Ceremonies or Air Force Pamphlet 36-2241 Promotion Fitness Examination.

For more information, contact a supervisor, first sergeant or wing protocol.

## Dispatch

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## NEWS

# 315 AW/CC relinquishes command, retires

Story and photos by Staff Sgt. Mary Hinson  
315 AW Public Affairs

After three years of commanding the 315<sup>th</sup> Airlift Wing, Brig. Gen. Gerald Black is retiring from the Air Force Reserve.

General Black will relinquish command and retire during a ceremony Sunday at the C-17 nose dock 2.

A Charleston-native, General Black graduated from the Citadel with a bachelor of arts degree in business administration and management in 1967.

General Black said his father, a pilot, encouraged him to give the military and flying a try.

"It sounded like a good idea to me," he said.

After receiving his commission through the Air Force Reserve Officer Training Corp, General Black's first assignment was as a student pilot at Webb AFB, Texas.

From there, he served as a C-141 pilot and a UH-1 helicopter pilot.

After seven years on active duty, General Black said he was ready to come home, so he joined the Air Force Reserve and was assigned to the 315<sup>th</sup> Military Airlift Wing, Charleston AFB.

While a reservist, General Black became a C-141 operations officer, flight examiner and aircraft commander.



**Brig. Gen. Gerald Black, 315<sup>th</sup> Airlift Wing commander, welcomes back airmen from a deployment. General Black retires Sunday in a ceremony on Nose Dock 2.**

General Black's first command position was as commander of the 914<sup>th</sup> Airlift Wing, Niagara Falls Air Reserve Station, N.Y., from July 1992 to July 1997. From July 1997 to May 2000, he was vice commander and commander of the 349<sup>th</sup> Air Mobility Wing at Travis AFB, Calif. He remained commander of the 349<sup>th</sup> until he once again returned home to take command of the 315<sup>th</sup> in June 2000.

According to General Black, many of his military experiences stick out in his mind, such as his first ice landing in Antarctica and his first air refueling and airdrop missions. The evacuations of Saigon during the collapse of Vietnam were other memorable moments.

One of the greatest highlights, though, was returning to Charleston.

"The most enjoyable part is working with such a variety of people from different walks of life," he said. "This is the finest associate wing in the Reserve."

The general also praised the cooperation between the active-duty components and the Reserve.

"We have a tremendously great working relationship with the active-duty," he said. "Col. (Brooks) Bash, (437<sup>th</sup> Airlift Wing commander), has been not only a great partner, but also a great friend."

General Black said he is looking forward to being able to spend more time with his family and friends.

"I will miss the military in so many ways, but you reach a point when it's time to look for a new adventure," he added. "I have enjoyed every year and have a lot of fond memories, but it is time to head on down the road."

Col. Gary Cook will assume command of the 315 AW.

## Civilian EEO manager puts three decades under belt

By 2<sup>nd</sup> Lt. Kristy Miller  
437 AW Public Affairs

After decades of hard work, most people are more than ready to retire. But Michael Petersen is a different story.

Mr. Petersen, 437<sup>th</sup> Airlift Wing civilian Equal Employment Opportunity manager, was awarded the 30-year civil service pin Aug. 13.

"It went by very fast, but I've been so proud to serve my country," he said.

Mr. Petersen was drafted into the Army in 1969 and served in Vietnam before beginning his Air Force career. He moved to Charleston and, in November 1977, started work as an Air Reserve Technician with the 315<sup>th</sup> Airlift Wing. For the past year, he has served as the command chief master sergeant for the wing.

Mr. Petersen worked ground maintenance on the flightline until 1981 and then moved to the 437<sup>th</sup> Transportation Squadron, where he worked as a Vehicle Maintenance Flight mechanic. A year later, he was promoted to automotive maintenance supervisor and became responsible for maintaining 390 vehicles and supervising 19 employees.

Mr. Petersen said the job was demanding, but he wouldn't have had it any other way.

"I enjoyed automotive maintenance, mainly

because it was a practical skill. It could be applied any time, on- or off-duty and was useful in so many ways," he said. "I always enjoyed the challenge of keeping up with the changing technology."

Mr. Petersen served as the part-time EEO manager for Charleston AFB for the past 10 years. He recently left his maintenance career to be the full-time EEO manager.

"He's a phenomenal person, and the skills he developed doing EEO really shined here," said Master Sgt. Stephen Wade, 437<sup>th</sup> Logistics Readiness Squadron vehicle maintenance manager. "He brought his skills into the shop and was able to handle problems easily — especially people problems."

Mr. Petersen says his new job, while less stressful than maintenance, is still very important. His goal is to see all civilians are treated fairly.

Working for the Air Force as an Air Reserve Technician, EEO manager and command chief, Mr. Petersen said he stayed for many reasons.

"As far as military services, the Air Force is just head and shoulders above the rest," he said. "The way we train and treat our folks ... it's just a great thing to be a part of."

When asked about his plans for retirement, Mr. Petersen said, "Oh, I don't know. I'll hang around for awhile."

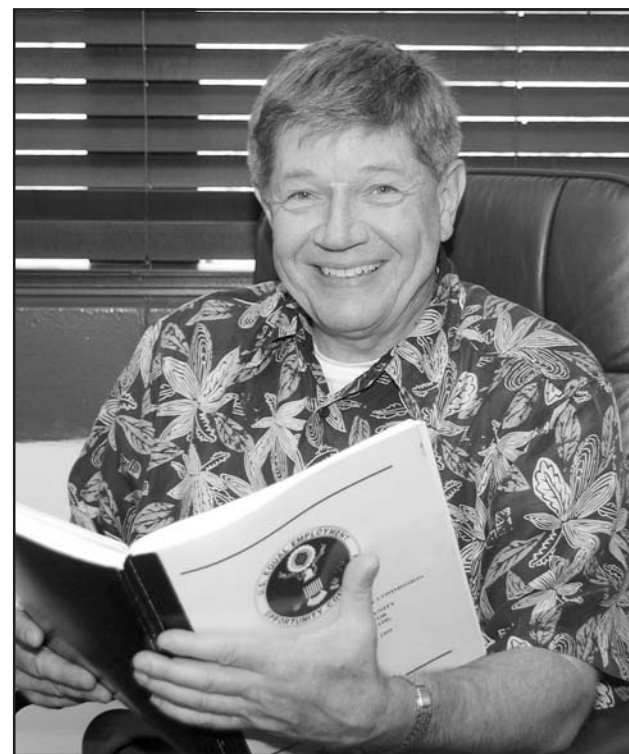


Photo by Andre Bullard

**Michael Petersen, 437<sup>th</sup> Airlift Wing civilian Equal Employment Opportunity manager, received a civil service pin Aug. 13 after 30 years of service in the Air Force.**

# Riddle takes reins of maintenance group

By Staff Sgt. Melanie Streeter  
437 AW Public Affairs

The 437<sup>th</sup> Maintenance Group welcomed its new commander in a ceremony Aug. 26 in the C-17 nose dock 2.

Col. Michael Riddle assumed command of the group from Col. Tommy Hixon.

Colonel Riddle was born in Wichita, Kan. With a father in the Air Force, the colonel said he was raised all over the United States, but calls Columbia, S.C., home, since that is where he attended high school and college.

Being closer to "home" isn't the best part of this assignment, according to Colonel Riddle.

"Pam and I are really enthused about coming to 'the hardest working base in the Air Force,'" Colonel Riddle said. "The people are great, and the mission is exciting."

The colonel also said he knows the mission keeps Team Charleston busy.

"I fully realize how hard people here have been working in the last couple of years," he said. "I could see it from afar on national television. The C-17 tail is anywhere anything is happening, and I know Team Charleston people are behind that."

"I look forward to being part of that team," he added. "I'm sure there are exciting times ahead for all of us."

Every new commander has expectations for the people in the group.

"We need to be the best in all we do, from

launching aircraft to writing (enlisted performance reports), to our dress and appearance," the colonel said. "I refuse to accept anything less than outstanding in any area. We are the best in the Air Force, and we will work to stay No. 1."

Of all his assignments to date, Colonel Riddle said a tour in Germany was most memorable.

"Every assignment has been exciting and has had aspects I will never forget," he said. "But of all of them, my assignment at Ramstein (AB) probably sticks out the most."

"I was in Berlin the week before the wall fell and spent a lot of time with my German friends after it fell talking about the historical significance."

The fall of the Berlin Wall wasn't the only history-making event the colonel witnessed.

"I also was on the flightline for Flutag '87, which was the worst air-show disaster in history until the recent Russian one," Colonel Riddle said. "I saw crew chiefs grab razor wire with their bare hands to clear static displays so the helicopters could carry the injured."

"I saw maintenance people appearing out of the crowd in blue jeans to prep the helicopters, knowing they would be needed, and aircrews appearing out of the crowd in blue jeans to fly them solo (the helicopters are two-person aircraft)," he continued. "Heroic things were done that day; everyday people were heroes."

Those actions showed the colonel what most people have inside them, he said, something that is there when its needed.

## Interesting fact:

"I have a passion for volleyball."

**Favorite author:** Ayn Rand

**Favorite movie:** The Quiet Man

## Favorite quote:

"Communication is our biggest challenge." (retired Gen. Ron Fogleman)

**Pet peeve:** "People who use e-mail for short suspenses and don't follow up with a phone call to make sure it has been read."

**Leadership style:** "Management by walk around. Find out what the troop's real obstacles are and work to remove them."

**Role model:** "General Fogleman. He was a strong leader, he got things accomplished, yet he was a very, very caring leader. People were always his priority."



"Then, right after that, I moved to Charleston and saw the same thing in people recovering from Hurricane Hugo, which had just come through," Colonel Riddle said.

Initially, Colonel Riddle plans to get to know his people, by visiting the various shops and offices; get to know the C-17 weapon system; and jump into the harness with Team Charleston to get the mission done.

# Sergeant's suggestion leads to new WAPS testing room

By Airman 1<sup>st</sup> Class  
Stephanie Hammer  
437 AW Public Affairs

A new Weighted Airman Promotion System testing room housed its first group of testers Aug. 27, after only four months of construction, thanks in part to a concern raised on the commander's action line.

Tech. Sgt. Michael Kyser, 437<sup>th</sup> Aircraft Maintenance Squadron flightline expediter, called the action line after a "disruptive" testing experience and was happy to know "the action line really came through for us."

"On the day I tested, the room was warm, so we opened the windows to increase circulation," said Sergeant Kyser. "During the test, someone's car alarm (went off) for awhile, so we closed the windows."

"WAPS testing is hard and stressful enough for some," he continued. "The old room didn't seem to promote a relaxed atmosphere. I'm happy that others who test at Charleston

AFB in the future will do so in an environment that promotes concentration, increasing their chances of doing well."

The WAPS testing room, originally in the Community Education Center, moved to the Military Personnel Flight during reorganization last year, where it's aligned more functionally, according to Kerry Barnett, 437<sup>th</sup> Mission Support Squadron personnel systems and support chief. However, the only room available in the MPF could only accommodate 18 people.

A Staff Assistance Visit in November also identified the room as being inadequate, primarily due to the size of the room.

"The room size, and not being able to properly maintain a comfortable testing atmosphere, prompted us to have a larger and better climate-controlled room constructed," Mr. Barnett said.

The new room seats 46 people and has a separate heating and air conditioning unit.

"The room is well lit, and the new

furniture is comfortable, which allows you to concentrate on the test questions," said Tech. Sgt. Dirk Murray, 437<sup>th</sup> Aerial Port Squadron aerial delivery flight NCOIC, who was a part of the first group of testers to use the room.

With more available space in the room, there is no longer a need to conduct afternoon testing sessions, which was a problem for some who get tired in the afternoon, according to Sergeant Kyser.

"Providing a testing facility that is conducive to the promotion of Charleston's best is our No. 1 priority," said Mr. Barnett. "To be the best, we need to promote the best, and this happens by providing a testing facility second to none."

"All examinees will now be in an environment that will enhance their ability to relax and be comfortable for this extremely important aspect of every WAPS-eligible enlisted person," he continued. "Having less than a first-class WAPS testing room was not an option for this MPF."

## Testing Tips

- Set a definite time and place to study; use the same time each day
- Set aside an hour or two to study each day
- Chose a place free of noise and distractions
- Face desk and chair toward an empty wall to minimize distractions
- Use the military knowledge list, and military knowledge and testing system survey to optimize study times
- Remember test development teams use the MKL and MKTS survey to outline important areas they want to ensure is covered during test development

**(Information from Air Force Pamphlet 36-2241, Promotion Fitness Examination Study Guide)**



# AROUND THE AIR FORCE

## Letters, packages move quicker in Middle East

**WASHINGTON** – The U.S. Postal Service and the Military Postal Service Agency process about two million pounds of mail a week for troops in Iraq and Afghanistan. Of those, some items make it to the recipient faster than others, said Navy Lt. Cmdr. Brian Lomax, agency chief of plans and policy.

Depending on where it originates, a letter or package spends “a couple of days” in the civilian system before it reaches either San Francisco or New York City, Commander Lomax said. Then it travels another 16 to 19 hours by plane before landing in Kuwait or Bahrain. From there, it is picked up and delivered by motor vehicle.

Once in theater, a letter takes seven to 14 days to reach the servicemember, while a package usually takes 14 to 24 days, he said. Packages make up 90 percent of the mail.

Using automated mail-scanning equipment and increasing the number of people working at mail facilities are two improvements that have sped up mail delivery, Commander Lomax said.

People who mail letters and packages also can help, he said.

“The size of the package (is) an important (factor),” Commander Lomax said. “Large packages take up a lot more room. If there’s a choice between taking one large box or a lot of smaller boxes and letters, the large box will stay (at the mail facility). The ideal size is a shoebox. It’s also important to correctly address the package.” (**American Forces Press Service**)

## Airmen help donations reach Afghanistan

**GANCI AB, Kyrgyzstan** – A small contingent of airmen escorted a convoy of Kazak army trucks from the border of Kazakhstan Aug. 27. They brought supplies for the developing Afghan national army.

The convoy, consisting of 10 large cargo trucks, carried winter clothing, blankets and other field supplies donated by the Kazakhstan army.

The eight-person Ganci team met the Kazak convoy at the border and

escorted them the 40-kilometer trip back to base. Once there, the donations were packed onto cargo pallets and flown to Afghanistan on board a C-130 Hercules.

“Here we had a country willing to give support to our cause but without a way to get it there,” said Col. Michael Maloney, 376<sup>th</sup> Expeditionary Mission Support Group commander. “As a strategic airlift hub, we were able to use our assets to bring these two countries together, benefiting us all and the war on terrorism.” (**Air Force Print News**)

## Recruiting, retention outlook good

**WASHINGTON** – Despite predictions to the contrary, Americans are continuing to volunteer for the military, and those already in are re-enlisting at a vigorous rate.

Early in the war on terrorism, many critics predicted the United States would have to return to the draft to man the forces. But in this 30<sup>th</sup> year of the all-volunteer force, the military continues to meet recruiting and retention goals.

Service officials point to hard work

by recruiters as the key to the success, but they also say increased patriotism as a result of the war on terror and a bleak economic picture in many areas also may play a role in attracting young people to the military.

The Army, Navy, Air Force and Marine Corps are all on course to make year-end recruiting goals. The Air Force made its recruiting goals for fiscal 2003, enlisting 37,000 new airmen.

Retention also is up across the services. This is true especially of servicemembers making the choice to re-enlist following their first term in the service.

Air Force “first-termers” re-enlisted at a 60-percent rate. Service officials were shooting for 55 percent.

Complicating the retention picture, however, is the end of the Stop-Loss program. The program, which stops separations and retirements in critical specialties during war or crisis, has been lifted. However, Air Force spokeswoman Jennifer Stephens said the service has not seen the mass departure many predicted when Stop-Loss ended.

In all cases, military leaders are not taking anything for granted. They continue to push to get the

best, most qualified people in the service. (**Air Force Print News**)

## Base is first to test alternative fuel cell

**ROBINS AFB, Ga.** – A new fuel cell is giving airmen a sneak peek at the Defense Department’s proposed plan for using hydrogen as an alternative fuel source.

The test unit installed at Robbins AFB, Ga., is the fifth in the Department of Defense and the first to be evaluated on an Air Force base, officials said.

Thirty military installations were selected world-wide as test sites for the \$80,000 electrochemical device that generates electricity by combining hydrogen and oxygen — producing water as its by-product.

Since President George W. Bush’s State of the Union Address in January, which highlighted his \$1.3 billion request to Congress for fuel cell funding, fuel cells have gained more national prominence. They are seen as a way to reduce DOD’s fuel bill and help bases comply with the Clean Air Act of 1970. (**Air Force Print News**)

## Combat Camera Photo of the Week



*Photo by Staff Sgt. Aaron Allmon*

### To the rescue

An Air Force A-10 Thunderbolt II stands ready to provide close-air support at Naval Air Station Fallon, Nev., as part of Desert Rescue XI. The aircraft is from the Connecticut Air National Guard’s 118<sup>th</sup> Fighter Squadron. The joint-service combat search and rescue training exercise simulates downed aircrews behind enemy lines and allows airmen to practice rescue-related missions.

# NEWS BRIEFS

## Spotlight

**Retirement:** The 437<sup>th</sup> Logistics Readiness Squadron is hosting a change of command ceremony for Maj. Doug Bugado Oct. 1, 8 a.m., at the Charleston Club. For more information, call Capt. Jason Nulton at 963-5530.

## Around the base

**AFSA:** The Air Force Sergeants' Association will hold its monthly meeting Tuesday, 11 a.m., at the Charleston Club. For more information, call Chief Master Sgt. John Danko at 963-4590.

**Patriot Day:** A ceremony commemorating Sept. 11, 2001, is at the base flag pole Thursday, 8:35 a.m. All base personnel and families are invited to attend. For more information, call Master Sgt. Barry Whitaker at 963-2238.

**Recycle:** The next Military Family Housing recycling pick-up dates are Thursday and Sept. 25. The U.S. generates more corrugated cardboard than any other single-waste material. Corrugated boxes can be dropped off in the cardboard recycling containers and should be emptied, flattened, and free of food or cooking oil contamination. For more information, call the pollution prevention manager at 963-2690.

**Job fair:** A joint Air Force and Navy job fair is Sept. 12, noon – 2 p.m., at the Community Education Center ballroom. For more information, call the Family Support Center at 963-4410.

**Fitness test:** The Health and Wellness Center is offering the new physical fitness test as a trial run at McCombs Way Sept. 12 at 6 a.m., 6:30 a.m., 7 a.m. and 7:30 a.m.

## Air Force Ball bus schedule

### Pick up schedule:

- Large parking lot across the street from the Base Chapel - 5:30 p.m.
- Base Exchange parking lot - 5:40 p.m.
- Hunley Park soccer field parking lot on Alaska Avenue - 5:30 p.m.

*The buses will return to the base at 10 p.m. and 12:30 a.m. and drop off only at the locations listed above.*

## Charleston Warrior of the Week

### Airman 1<sup>st</sup> Class Courtney Charles 437<sup>th</sup> Airlift Wing staff

Airman 1<sup>st</sup> Class Courtney Charles is a command post controller for the 437<sup>th</sup> Airlift Wing. Her duties include knowing where the aircrew and aircraft are at all times and the current status of their mission, notifying all commanders and related agencies of any emergencies, and relaying important messages from the major command to the entire base.

"Command post is the hub of most bases," she said.

Airman Charles likes her job because she gets a hands-on approach with all the missions, aircraft and aircrews coming in and out of Charleston.

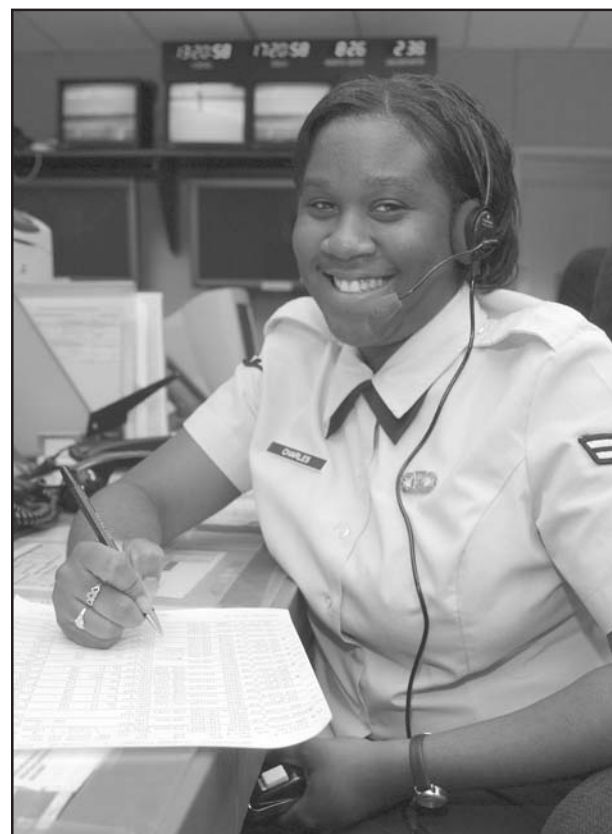
The Columbia, S.C., native joined the Air Force to get an education and has been at Charleston for seven months.

"My number-one goal is to go to college and get a bachelor's degree in mathematics," said Airman Charles.

Although she loved visiting Charleston as a child, Airman Charles said she now appreciates her home town.

"I miss the magically done laundry, self-made dinners, corn bread and basically mom," she said. "The so close, yet so far away concept comes to mind."

In her off-duty time, Airman Charles said she sees new movies, and serves on the Air Force Ball committee and the Dorm Council.



*Photo by Airman 1<sup>st</sup> Class Jason Bailey*

They will also offer to grade one-minute push-ups and sit-ups, and offer a waist circumference measurement. For more information, call HAWC at 963-4007.

**TRICARE:** TRICARE can be accessed online at [www.nhchasn.med.navy.mil](http://www.nhchasn.med.navy.mil), or [www.tricareonline.com](http://www.tricareonline.com) to schedule routine and follow-up appointments, view military treatment facilities and provider Web pages, and access 18 million pages of health and wellness information. For more information or assistance, call 743-7607.

**Oktoberfest:** Oktoberfest is

scheduled for Sept. 26, 11:30 a.m. – 6 p.m., at the base dorms. The event is designed to recognize the sacrifices and achievements of Charleston AFB airmen. Master sergeants and above pay \$5 each. Oktoberfest is an alternative duty location for E-6 and below, and features free food, beverages, entertainment and prizes. For more information, call Master Sgt. Scottie Franklin at 963-4282.

**Golf Tourney:** The Charleston Chapter of the National Defense Transportation Association is having its 11<sup>th</sup> Annual Scholarship and Chapter Fund-Raising Golf Tournament Oct. 3, with check-in beginning at 11 a.m. and a shotgun start at 12:30 p.m., at the Crowfield Golf and Country Club, Goose Creek, S.C. The cost is \$40, which covers cart, green fees, beverages and lunch. For more information, call Ryan Westall at 963-3240.

**ACA:** The Annual Air Commando Association and Special Operations reunion is Oct. 10-12, in Fort Walton Beach, Fla. For more infor-

mation, call (850) 581-8988, or e-mail [hqaca@aircommando.net](mailto:hqaca@aircommando.net).

**Walk a Mile Donations:** Walk a Mile is accepting donations of shoes, high heels, panty hose and money, all in good condition, to distribute to local shelters. For more information, or to volunteer to help, call Airman 1<sup>st</sup> Class Tyrone Pearsall at 963-3450.

**New York Air Guard** The 109<sup>th</sup> Airlift Wing, Scotia N.Y., home of the C-130 ski-birds, has traditional Guard vacancies in the following career fields: 1A2X1, 1C0X2, 1C3X1, 1N0X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2F0X1, 2S0X1, 2T0X1, 2T1X1, 3C1X1, 3E0X1, 3E3X1, 3E9X1, 3M0X1, 3P0X1, 3S1X1, 4A0X1, 4A1X1, 4A2X1, 4D0X1, 4P0X1, 4R0X1, and 4T0X1; as well as full-time active duty opportunities in the following AFSCs: 2A6X6 & 2A7X3. For more information, call Master Sgt. Wesley Ryerson at (800) 524-5070, or e-mail [Wesley.Ryerson@nyscot.af.mil](mailto:Wesley.Ryerson@nyscot.af.mil).



## FEATURE

## Defense

## 437 SFS keeps CAFB personnel, resources safe

Story and photos by Staff Sgt. Jason Smith  
437 AW Public Affairs

The 437<sup>th</sup> Security Forces Squadron stands watch over Charleston AFB personnel and resources, serving a multi-purpose role in defending the base from terrorism and crime.

The unit's first concern is protecting the base from the types of terrorist attacks that seem to appear on the news regularly, according to Tech. Sgt. Tony Mullins, 437 SFS Delta Flight flight sergeant.

"You see something like the U.N. building getting bombed, and it's a real eye opener," said Sergeant Mullins. "We are constantly reminding each other not to get complacent, but seeing that type of thing on the news puts it all in perspective."

Any time a vehicle attempts to enter CAFB, proper vehicle and personal credentials are checked, said Sergeant Mullins. If someone is going to attempt to bring harm to CAFB, they will have to start by coming through the gate.

"This is the first line of defense," said Airman 1<sup>st</sup> Class Joshua Pitman, 437 SFS Delta Flight entry controller, in reference to the traffic gates on base. "It may seem like an easy job, and a lot of people don't respect it, but if we weren't here, anybody could come right on the base."

Airman Pitman said more than 5,000 or 10,000 vehicles might enter the base during a normal 12-hour shift at the Dorchester Gate. Members of the 437 SFS have the responsibility of making sure no unautho-

rized people or vehicles enter.

In addition to the standard security procedures at the gates, security forces implements random vehicle checks on a regular basis. Sergeant Mullins said at various times through out each day, any vehicle entering the base may be pulled over and searched for things like explosives, weapons and government property. The random searches don't apply to commercial vehicles because each one of them is searched in and out at the search area near the Rivers Gate.

"Our day-to-day duties here require a lot of manning," said Sergeant Mullins. "With all the TDYs and deployments we have going on, we needed some additional manpower to help out with the gates and flight line."

To provide the support needed, CAFB officials worked with the South Carolina Army National Guard to get the 1<sup>st</sup> Battalion, 118<sup>th</sup> Infantry, temporary duty to the base for a year. Since late January, Army personnel have been manning the gates, search area and flight line. Just like Air Force security forces members, the Army entry controllers are required to take proficiency tests on their respective jobs.

Sgt. Leonard Benton, 437 SFS member with the Army National Guard, said working the Air Force has been a positive experience.

"This is my first time working with the Air Force, and it's been great," said Sergeant Benton. "We have a good relationship. If one of us has a problem, they take care of us. (The 437 SFS) took time to make sure we were trained to handle anything that could happen while we're working here."

Sergeant Benton, who is a member of the Dorchester County Sheriff's Office, said his area of responsibility on the flightline is CAFB's third line of defense to protect government resources.

"I'm providing random coverage of the mass parking area today," said Sergeant Benton. "If someone wanted to bring harm to an aircraft, they would have to get through the first two lines of defense first. If that happened, we have measures in place here to make sure the intruder is stopped."

In between Airman Pitman's gate and Sergeant Benton's flightline patrol are various roaming patrol units acting as the second line of defense. The



Staff Sgt. Charles Kent, 437<sup>th</sup> Security Forces Squadron, practices an "exercise" challenge on the flightline on Staff Sgt. Randy Gantt, also from the 437 SFS.

patrols need to be prepared for just about anything on a daily basis, according to Sergeant Mullins.

"The patrols have a wide-variety of duties," said Sergeant Mullins. "They provide security to the base like the other posts, but they're also responsible to perform law enforcement duties."

Sergeant Mullins said those law enforcement duties could be anything depending on the call the 437 SFS Control Center sends them on. Some of the more common incidents include domestic disturbances, vehicle accidents and shoplifting calls. In some cases, such as a suspicious package call, a response can include both law enforcement and force protection duties.

"There's a briefcase sitting in the middle of a parking spot at the BX," said Sergeant Mullins while responding to the store. "We have to assume it's suspicious until we're certain it's safe."

After setting up a cordon and moving everyone to safety, on this day, it was discovered that the briefcase was accidentally left in the parking lot. While the extra precautions may have seemed unnecessary to some, Sergeant Mullins put the situation into perspective.

"When we respond to suspicious packages, chances are that it was something accidentally left there," said Sergeant Mullins. "We are so extra careful because the very first time we assume it's routine will be the time it turns out to be something dangerous."

Members of the 437 SFS take their jobs seriously. Extremely long work days, additional physical work outs, long and frequent deployments, and mandatory off-duty training don't discourage CAFB's finest from defending the people, workplaces and homes of Team Charleston from anyone wishing to do harm.



Cpl. Richard Barnwell, 437<sup>th</sup> Security Forces Squadron Delta Flight, conducts a random vehicle search at the Dorchester Gate.



## Chapel schedule



**107 Arthur Drive**  
**Office:** Monday-Friday, 9 a.m. - 4:30 p.m. (effective Sept. 2)  
**Phone:** 963-2536.

After duty hours, call the command post at 963-2531 for emergencies only.

**Catholic Services:** *Saturday* - 4:15 p.m. Reconciliation, 5 p.m. Mass. *Sunday* - 9:30 a.m. Mass, 9:30 a.m. Children's Church. *Weekdays* - 11:30 a.m. Mass. Sacrament of Baptism pre-baptismal classes are held the first Sunday of each month at 11 a.m. in the Chapel Annex. No daily Mass on Mondays.

**Protestant Services:** *Sunday* - 9:30 a.m. Sunday School, Bldg. 245, 11 a.m. Traditional Worship Service and 11 a.m. Children's Church. *Sunday* - 5 p.m. Contemporary Worship Service.

**For information on other faith groups, call the Base Chapel at 963-2536.**

## Movie schedule

**Admission:** 99 cents for adults and children.

Any person under 17 years of age requires a parent or adult guardian (a minimum of 21 years old) to purchase an admission ticket for the minor to view R-rated movies. The ticket office opens 30 minutes prior to start of movie, unless otherwise noted.

**Movie schedules are provided by AAFES.**



**Patrons should call 963-3333 to verify movie titles, running times and start times, which are subject to change.**

**Today, 7:30 p.m.**

***"Lara Croft Tomb Raider: The Cradle of Life"* – Angelina Jolie**

Lara Croft travels to a sunken underwater temple. It leads her to a sphere that contains the mythical Pandora's Box, only to have it stolen from her by Chen Lo, the leader of a Chinese crime syndicate, who's in league with a bad guy named Reiss. He wants to use the Box as a doomsday weapon. **(PG-13) 110 minutes**

**Saturday, 7:30 p.m.**

***"Pirates of the Caribbean"* – Johnny Depp**

Set in the Caribbean Seas in the 17<sup>th</sup> century, Jack Sparrow, a charming rogue pirate teams up with the governor's daughter to stop an evil plan on a ship of dangerous pirates led by Captain Barbossa. Barbossa and his crew are trying to reverse an ancient curse that leaves them stuck between life and death. **(PG-13) 143 minutes**

**Sept. 12, 7:30 p.m.**

***"American Wedding"* – Jason Biggs**

Jim and Michelle have decided to tie the knot. Jim's friends Finch and Kevin are on hand to help with the preparations, but the trio soon gets an unwanted fourth wheel in the eternally obnoxious Stifler. **(R) 96 minutes**

## WELLNESS TIP

***EXTREME HEAT EXPOSURE* kills more Americans each year than hurricanes, lightning, tornadoes, floods, and earthquakes combined!**

- Over the past decade, at least 7,421 deaths in America have been attributed to excessive heat
- On average, approximately 300 people a year die from exposure to heat
- **You Can Avoid Excessive Heat Exposure by:**
  - Limiting outdoor activity to morning or evening hours
  - Try to rest often in shady areas
  - Never leave anyone in a closed, parked car
  - Keep yourself hydrated; a good indicator is urine, which should remain pale yellow or clear

## SPORTS & FITNESS

# HAWC gives shoe-buying tips

By Jason Ham  
437 MDG HAWC

With thousands of running shoes on the market, where should you start? This seemingly simple question is actually quite loaded.

The reason manufacturers produce so many types of running shoes is not to try new color combinations, but to match the various running patterns found among different individuals.

One major variant between shoes is the degree of cushioning, or absorption, compared to how well they stabilize and control movement. Generally, the more cushioning a shoe offers the less stability it has, and visa versa.

The goal of each manufacturer is to offer as much cushioning as possible, while simultaneously ensuring you have an effective degree of stability and control.

The right shoe for you will depend on your running form, weight, past injuries, running mileage and what surfaces you run on.

There are a few ways to determine which shoe may be right for you. However, even after you've narrowed down which shoe is right or not, you'll need to try them on and see just how they fit. My personal experience has taught me about 60 percent of the individuals I have worked with in more than 10 years have been wearing the incorrect running shoe!

The first thing you can do is to look at the sole of an older pair of your running shoes. It must be a pair you specifically set aside for running.

From this you can easily determine how you break down the sole, and thus know if you run on the inside, outside or middle of the shoes.

Generally, the best way to determine what type of running gait and subsequent shoe is best. It is best to have someone videotape you while running or have someone with a trained eye watch you. This is a great way to view everything from how your foot moves with a specific pair of shoes to how you carry your arms.

This can be done at some local running shoes stores in Charleston. However, to ensure you're getting the right information, make sure you go to a specialty running-shoe store, not a general sporting goods store.

Once you have taken time and gone through the education process, then you may choose to venture out and purchase future shoes on your own. However, I can't emphasize enough how important it is to start out in the right shoes.

Most running injuries are induced by over-

## What's your style? Tips to help you find your stride

### Supination or Under-Pronation:

Those who run entirely on the outer edge of the shoe, without contacting the ball of foot to the ground fall into this category. A cushioning shoe is needed to compensate for the absorption abilities lost by not using the arch, during the running stride.



### Over-Pronation:

Similar to Normal Pronation, however, in this instance you roll forcefully inwards and thus place a higher degree of stress on the inner-side of the arch area. Depending on the degree of Over-Pronation, you may need a stability shoe or, in extreme cases, a motion control shoe. When you run, you or a runner partner will notice that you quickly roll onto the arch of your foot, spending little or no time on the outside edge, and that your knees seem to buckle inward with each step.

### Normal Pronation:

This is defined as a slight inward roll of the foot and ankle in such a way that your foot rolls from the outside heel area, through the middle of the foot and a final push-off with the big toe. Cushioning shoes with a slight degree of control will work great for this type of runner.

Graphic by Staff Sgt. Melanie Streeter

training, improper running mechanics, incorrect or worn-out running shoes, running on hard or uneven surfaces and improper mileage progression.

For more information on how to select a shoe made for you, contact Jason Ham at the Health and Wellness Center at 963-6023.

# Gridiron Guru sees no need to prep, vacations in Hawaii

By the Gridiron Guru  
'Top-notch' pigskin prognosticator

The Gridiron Guru would like to pass along greetings from sunny Hawaii.

Usually at this time of year, I am secluded in my NFL war room compiling data from hundreds of sources and publications, preparing for the upcoming season. However, knowing how pathetic all the amateur prognosticators from Charleston are, I have decided to just to take a vacation.

I am confident that with no preparation at all, I will still be able to easily crush all the feeble attempts made at predicting this week's games. Must I remind you that I am the Bomb, as in long bomb, in the end zone, and poised to do a touchdown dance.

The Guru sees several very good

matchups this week as the 49ers visit the Rams, the Jets host Miami, Pittsburgh travels to Kansas City, and the Big Tuna hosts his former team when the Giants invade Texas to take on the Cowboys.

I must just sit back and laugh knowing that with no effort whatsoever I have correctly picked these key games, while the rest of you are racking your brains, losing sleep and throwing down aspirin like candy trying to figure them out.

A quick update on the situation concerning the Swami's new contract; ongoing negotiations completely broke down when the Swami demanded exclusive rights to the "king of the chair" recliner on Sundays during Football Frenzy at the Charleston Club. Now, on to this week's predictions ...

## Gridiron Guru's Week 2 picks

### Sunday, Sept. 14

**Buffalo** @ Jacksonville  
Detroit @ **Green Bay**  
**Miami** @ N.Y. Jets  
San Francisco @ **St. Louis**  
Washington @ **Atlanta**  
**Seattle** @ Arizona  
Denver @ **San Diego**  
Chicago @ **Minnesota**

Cleveland @ **Baltimore**  
Houston @ **New Orleans**  
Pittsburgh @ **Kansas City**  
**Tennessee** @ Indianapolis  
Carolina @ **Tampa Bay**  
Cincinnati @ **Oakland**  
New England @ **Philadelphia**  
**Monday, Sept. 15**  
Dallas @ **N.Y. Giants**

Monday Night total points: \_\_\_\_  
Guru's Monday night points: 43

The Gridiron Guru's picks are in bold and italics.  
Send your picks to [swami@charleston.af.mil](mailto:swami@charleston.af.mil) only.  
Include your name, phone number, and any comments in the e-mail.  
Picks can no longer be dropped off at the Public Affairs Office.  
\*\*Picks must be submitted by Friday, Sept. 12, 4 p.m. \*\*